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*Hallie
Kangas
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WAR FOOD ADMINISTRATION
OFFICE OF DISTRIBUTION
150 Broadway, New York, 7, New York

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Issued:
July 6th, 1944

U.S. DEPARTMENT OF AGRICULTURE

THE FAMILY CANTEEN

"Vegetables With A Snap"

ANNOUNCER: More and more vegetables are coming out of the gardens now...and a lot more of them are on the stands, ready for canning. One of them is an old friend...a vegetable that's especially qualified to make good canned food for the winter. Mr. _____ of the War Food Administration's Office of Distribution is here today to tell us about this member of the bean family. ...string bean, and re-christened snap in recent years.

OFF. OF DIS.
SUPERVISOR: The bean's new name is appropriate to its streamlined figure. When it was called string bean, it all but bulged with a tough string that made hard work for home-makers, and difficult eating if it was overlooked. But now that plant breeders have eliminated those strings, the beans are among our favorite vegetables...and their new name is SNAP bean.

ANNOUNCER: You know, many people don't like snap beans, because they seem to be soggy after they're cooked.

OFF. OF DIS.
SUPERVISOR: That's because they're not cooked right. Snap beans should be cooked in very little water, and just long enough to

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FOR POSTING IN RETAIL FOOD STORES

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OFF. OF DIS.
SUPERVISOR:
continued

make them tender. If they have good flavor, a crisp consistency and their bright green color, then they're cooked just right. Naturally, overcooking makes them mushy and greyish.

ANNOUNCER:

One thing about snap beans has always puzzled me...why are they sometimes cut lengthwise, and sometimes cut across?

OFF. OF DIS.
SUPERVISOR:

I guess it just depends on the cook's taste. But one thing I do know...if snap beans are cut lengthwise, in shreds or French-style, as some people call that way of serving them...they cook faster. That makes them retain more of their vitamins and minerals than they do if they're cooked longer.

ANNOUNCER:

Do snap beans have a lot of vitamins and minerals to start with?

OFF. OF DIS.
SUPERVISOR:

You bet they do! Snap beans are rich with Vitamin A and Vitamin C. They have a fair amount of Vitamin B-1... and they have plenty of iron and calcium, the minerals that make strong bodies.

ANNOUNCER:

Can you give our listeners any tips about selecting snap beans at the vegetable stand?

OFF. OF DIS.
SUPERVISOR:

It's a good idea to buy beans that are all about the same size, so they'll cook evenly. The beans should be fresh, bright green, clean and free from blight spots.

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OFF. OF DIS.
SUPERVISOR:
continued A good way to tell whether they're fresh is to bend them. If they bend easily, they're not as fresh as they should be...but if they resist, and snap, then they're in fine condition for cooking or canning.

ANNOUNCER: And speaking of canning...you were going to tell us the reasons why it's important to can snap beans.

OFF. OF DIS.
SUPERVISOR: The first reason is that snap beans are plentiful right now. They're reasonably priced, too. Canning them will help to prevent food waste, and it will help the homemaker. You see, commercially canned goods will most probably be less plentiful this winter than they have been for the last year. That means that if homemakers can beans, and other vegetables, they'll be making wise use of the current food supply and they'll be helping their winter menus along.

ANNOUNCER: That makes the whys of canning clear.....

OFF. OF DIS.
SUPERVISOR: I hope so. I want our listeners to be perfectly clear on the importance of canning...and right now, the vegetable to can is the snap bean. In fact, canning snap beans is so important that I'm going to discuss the whole procedure with you.

ANNOUNCER: -There's no better place to begin than the beginning...so go ahead and give our listeners the information.

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OFF. OF DIS.
SUPERVISOR:

The first thing to do when you're canning the beans is to select them carefully. Make sure that they're absolutely fresh, young, crisp, and firm. Then wash the beans in several waters, until every trace of sand and grit is gone. Trim and cut them one canner load at a time. If you prepare more than one canner load, then the vegetables will stand around, and lose their freshness.

ANNOUNCER:

These preparations apply to other vegetables as well as beans, don't they?

OFF. OF DIS.
SUPERVISOR:

As a matter of fact, these instructions hold good for any vegetable that's put up in a pressure canner...the method that's recommended by the War Food Administration.

ANNOUNCER:

After the beans are cleaned, do you place them right in the canner?

OFF. OF DIS.
SUPERVISOR:

No, _____. The beans must be covered with boiling water and boiled for five minutes. Then you pack the beans, taking one jar from the water at a time.

Be careful to keep the hot jars off cold surfaces, and use clean cloths to protect your hands. Pack the hot beans loosely. Cover them with cooking liquid, leaving a half-inch head space. It's important to work quickly at this stage. Then add salt...a teaspoon to each quart of beans. Work out the air bubbles in the jar by pushing a knife blade down the sides.

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ANNOUNCER: And the next step is sealing the jar...am I right?

OFF. OF DIS.
SUPERVISOR: Right. The jar rim should be wiped clean, so that no speck of food will keep the lid from making an airtight seal with the jar. When you are using the self-sealing type of closure, dip the flat metal lid in boiling water. Set it on the jar so that the sealing compound is next to the glass. Screw the metal band on firmly, but not so hard that the sealing compound is damaged.

ANNOUNCER: And then pop the jars of beans into the canner....?

OFF. OF DIS.
SUPERVISOR: Being careful of course, that there are two or three inches of boiling water in the canner so it can't boil dry. Place the jars so they don't touch... steam must flow all around them.

ANNOUNCER: Those pressure canners look pretty complicated to me.

OFF. OF DIS.
SUPERVISOR: They're simple if you follow the manufacturer's directions. After the jars are in...the cover should be fastened carefully. Let steam pour from the open petcock or weighted gauge opening for at least ten minutes. Then shut the petcock, or put on the weighted gauge. When the pressure is at ten pounds, count the cooking times. Forty minutes are required for beans -packed in quart jars, and thirty minutes for pints. Adjust the heat so as to keep the pressure steady.

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ANNOUNCER: And now while the vegetables are cooking, let's adjourn to the living room and talk about other kinds of jars which can be used for canning.

OFF. OF DIS.
SUPERVISOR: There are other standard types besides the self-sealing jars I mentioned before. For example, cans may be used instead of glass jars...in that case, the lids should be left off while steaming. And if the type of jar closure which has a rubber ring attachment is used, the rubber ring and the lid should be put in place but not sealed. The self-sealers don't require any special treatment of this type.

ANNOUNCER: Back to the kitchen. Now let's suppose that the thirty minutes-for-a-pint or forty-for-a-quart are up. What has to be done next?

OFF. OF DIS.
SUPERVISOR: The first thing after cooking is to slide the canner carefully off the heat. When the pressure falls to zero, be sure to wait a minute or two...no longer...before opening the petcock or taking off the gauge. This wait can prevent a nasty accident caused by the jars exploding inside the canner. Then open the petcock or take off the weighted gauge. Unfasten the cover, and tilt the far side of it up away from your face, so you don't get scalded by escaping steam. Take out the jars...grasping them by the glass shoulders, not the caps. Let the jars cool on a rack or a folded towel...away from drafts. The next day, take off the screw bands without forcing...and...

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ANNOUNCER: And you'll have a grand supply of snap beans to carry you through the winter.

OFF. OF DIS.
SUPERVISOR: Yes...if the homemaker is sure to follow the manufacturer's instructions she ought to have a crowded pantry shelf.

It's important to follow those instructions for the best results in canning, and to be sure that nothing goes wrong which could cause accidents or waste of good jars of food.

ANNOUNCER: Thank you for your canning instructions, Mr. _____.
Do you have any more to tell us about canning?

OFF. OF DIS.
SUPERVISOR: Just this. Homemakers should remember that in canning foods in seasonal abundance, they are doing one of the biggest war jobs they can do. They'll be helping to use our national food supply wisely...and they'll be using plentiful foods...avoiding food waste. Home canning is more important this year than ever before. Snap beans are plentiful right now...so eat and can as many as possible, and help make FOOD FIGHT FOR FREEDOM.

ANNOUNCER: You have just heard Mr. _____ of the Office of Distribution, War Food Administration.

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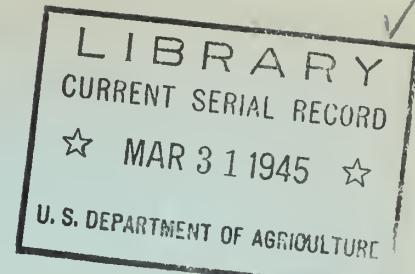
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New York, 7, New York



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Issued:
July 13, 1944

T H E F A M I L Y C A N T E E N

"Use 'Em Again"

ANNOUNCER: Time was when the only paper we saved and re-used was our Christmas wrapping. I'm sure we all have family memories of sorting out the brightest wrappings, packing them away for the next year. But war has brought a change in paper, as in everything else. Now we are engaged in a nation-wide campaign to conserve all kinds of paper. Today, Mr. _____ of the War Food Administration's Office of Distribution is here to tell us why there is a paper shortage, and what we can do about it.

OFF. OF DIS.
SUPERVISOR: It's important for us to realize that the paper shortage is critical. Military supplies, blood plasma, food for our armed forces, and civilians are a part of the long list of essential supplies. The current paper shortage may create a genuine bottleneck in the distribution of foods to civilians. We are responsible for our own welfare in this case...we are the ones who must alleviate the shortage.

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ANNOUNCER: I believe most of us would like to know more about the background of the present paper shortage and about our paper supplies in general. For example, - where does our paper come from?

OFF. OF DIS. SUPERVISOR: Before the war, part of our pulpwood came from Canada. A large part of our wood pulp came from the Scandinavian countries, and the bulk of our newsprint came from Canada, too. Finland was the first source of supply to be cut off by- the war, and then came the Nazi invasion of Norway, and the ensuing shipping difficulties from Sweden...as you can see, that cut down our imports considerably. War cut out our supplies from Scandinavia, and reduced our supplies of wood pulp, pulp wood, and newsprint from Canada.

ANNOUNCER: And there are other factors in the paper shortage, too, aren't there?

OFF. OF DIS. SUPERVISOR: You see, pulpwood is the primary raw material used in the manufacture of paper and paperboard. Since 1941, consumption of vital pulpwood has been far higher than imports and domestic production. So our inventory is now down to about three-fourths of normal. Another serious hitch in paper production is the scarcity of man power to cut the pulpwood...and besides, the number of trucks used or hauling it has been cut by war needs and a natural wearing-out process.

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ANNOUNCER: Another case of shortages breeding more shortages.....

OFF. OF DIS.
SUPERVISOR: That's the point exactly, and if the shortage of wrappings continues, it may endanger civilian food supplies.

ANNOUNCER: Military needs must take a great deal of the paper that formerly went to civilians.

OFF. OF DIS.
SUPERVISOR: That's right. The packaging of the supplies that go to men on the fighting fronts is just as important as the supplies themselves. Clothing, food, and equipment are useless unless they're well protected in transit. Each piece of equipment must be individually wrapped in waterproof paper...usually in several waterproof layers. Smoke and explosive shells for 4.2 inch chemical mortars, are individually wrapped and then placed in boxes with waterproof liners.

ANNOUNCER: Can you tell us some other parts which paper plays in the war?

OFF. OF DIS.
SUPERVISOR: It takes 25 tons of blueprint paper to make a plan for a battleship. Each signal corps radio set takes seven pounds of kraft paper, and three pounds of book paper. 700,000 different kinds of items are shipped to the army, and they're paper-wrapped or boxed. The Chemical Warfare Service uses more than 8,000 tons of paper every year in waterproofing overseas equipment. As a matter of fact, the entire output of one paper mill wouldn't be enough to keep up with the demands of storage depots.

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ANNOUNCER: That makes it fairly obvious that civilian use of paper must be limited to absolute necessity.

OFF. OF DIS.
SUPERVISOR: There's even more to it than that. You see, manufacture of kraft wrapping paper and paper bags has been cut down to allow for manufacture of more essential types of paper. So, for the second quarter of this year, the total production will be about ten percent less than it was for the first quarter.

ANNOUNCER: And that leaves retailers short of wrappings.

OFF. OF DIS.
SUPERVISOR: It certainly does. Retailers will only have less than half of their usual supply of wrapping paper and paper bags. That means that they have a big paper conservation job to do themselves.

ANNOUNCER: What are retail grocers doing to help conserve paper?

OFF. OF DIS.
SUPERVISOR: At the check-out stands in grocery stores, grocers are using the smallest bags possible. They pack small bags well, so that every bag carries a full load...and they don't use separate bags for each item, as they did in the pre-war days. They are asking customers to accept boxes and cartons of food unwrapped. They try not using bags within bags.

ANNOUNCER: Whew! That gives consumers a lot to live up to.

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OFF. OF DIS.
SUPERVISOR: That's right. It will make the retailer's job very much easier if customers cooperate. Often, when the grocer is trying to save paper, a customer insists on having more than one bag. These are no days to be touchy about carrying unwrapped groceries on the street. Chances are the neighbor you're afraid you'll meet is carrying her breakfast food unwrapped too.

ANNOUNCER: What other ways are there in which we can help with the paper shortage?

OFF. OF DIS.
SUPERVISOR: First of all, the homemaker can help by bringing her own shopping bag to market. Those big sturdy ones with handles hold a lot of groceries, and they're easier to carry. In many localities, homemakers are wheeling little carts to market. That's a good idea, too. A large receptacle for bundles rules out the possibility of having to use over-all wrapping for groceries which are already wrapped.

ANNOUNCER: Those all sound like good ways to cut down on paper waste at the store...but what happens when the bags get home?

OFF. OF DIS.
SUPERVISOR: Homemakers should unpack the bags as soon as possible, so that no food seeps into them. The bags should be unpacked carefully with no tearing. Then, bags which are dry and untorn should be re-used. That means taking them back to the store, and having them packed with

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OFF. OF DIS. groceries a second time. Egg boxes or cartons of the
SUPERVISOR:
continued sturdier types should be returned to the store-keeper too.

And the same rules apply to straight wrapping paper.

ANNOUNCER: If the bags or wrappings are torn, should the homemaker throw them away?

OFF. OF DIS.
SUPERVISOR: Absolutely hot. Storkeepers fold torn paper and cartons flat and turn them in for salvage. Homemakers should do the same. No matter how torn or stained a bag or paper is, it can still be re-used. So those papers should be folded flat like newspapers, and turned in to the local salvage authorities.

ANNOUNCER: Thank you, Mr. _____ for your tips on paper
salvage.

OFF. OF DIS.
SUPERVISOR: I'm glad of the opportunity to discuss it with you. Unless consumers do their best to re-use and salvage paper bags and wrappings, there's a very good chance that a desperate shortage will be upon us before we know it. That would mean a bottleneck in the actual distribution of food to consumers. So, to keep food supplies going, and to prevent a shortage which might disorganize our **food** shopping system, remember to use paper bags and wrappings again and again for as long as they last.

ANNOUNCER: You have listened to Mr. _____ of the War Food Administration's Office of Distribution, discuss what we can do to conserve paper wrappings.

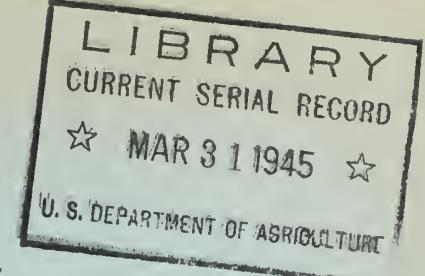
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Review

Cleared by:
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Regional Office with a "B" rating

Issued:
July 20, 1944

W H E E D F A M I L Y C A N T E E N

"Out Of The Garden Into The Can"

ANNOUNCER: "Christmas comes but once a year" is a familiar old saw. But here's a new angle..."Summer comes but once a year". That may sound obvious...but the fact is, summer is the time for eating and canning Victory Garden Crops.

Mr. _____ of the War Food Administration's Office of Distribution is here today to discuss both Victory Garden crops and canning, and their importance right now.

OFF. OF DIS.
SUPERVISOR: Thank you, _____ and good morning. You know, now that it's time for Victory Gardeners to reap the reward of their work...they should be careful to gather their vegetables at just the right times.

ANNOUNCER: Many victory gardeners just plant their gardens, and then harvest them when the crops grow nice and big. Isn't that the way to do it?

OFF. OF DIS.
SUPERVISOR: That's not the way it goes at all. Too many gardeners think that the larger the vegetables are, the better they are to eat. So they let vegetables grow long past the time for harvest , and then find that they're flat-tasting and tough.

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ANNOUNCER: We certainly don't want that happening to our listeners... sounds too much like wasting good food. So please go ahead Mr. _____ and give us the times of harvest for some of the common garden vegetables.

OFF. OF DIS. SUPERVISOR: We've all been eating radishes and greens for some time... but I'll just say that they should be eaten when they're young and crisp. The same applies to lima beans...the pods should be green and tender. Snap beans should be chosen for eating and canning when the beans inside the pod are still quite small. Cabbage, on the other hand, should be allowed to form a solid head before you bring it in from the garden. Be sure to cut the cabbage before the head bursts, though.

ANNOUNCER: Those rules sound "like plain common sense" to me.

OFF. OF DIS. SUPERVISOR: They are. Anyone who's gardened before can tell at a glance or a touch when vegetables are ready to be gathered. Take broccoli for example. No experienced gardener would allow it to stand until the flowers turned yellow. No, he would cut off the flower clusters along with three or four inches of the stem, before there was any yellow color at all. And by the same token, he'd never let summer squash get too big. He'd forfeit his neighbor's admiration in order to eat the squash when it was tender and best-flavored. Summer squash reaches that stage when it's four to six inches

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OFF. OF DIS.

SUPERVISOR:

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long, and before the skin gets hard and tough.

ANNOUNCER:

I imagine the same general rules might go for carrots and beets. I've noticed that the more outsize they get, the more woody and flavorless they are.

OFF. OF DIS.

SUPERVISOR:

Yes, carrots and beets are best to eat when they're young and slender, instead of middle-aged and plump.

Tomatoes are great favorites for eating and canning...

but many people spoil the quality and the food value by picking them green and then letting them ripen. Tomatoes should never be picked until they're red-ripe on the vine.

That way, they have the most Vitamin C and other minerals and vitamins. Of course, city people don't get tomatoes right out of the garden...but they can buy them in large quantities for canning. City canners should make sure that the tomatoes they buy are as ripe as possible without being over-ripe.

ANNOUNCER:

Sweet corn's back with us, Mr. _____. Are there any special rules about that?

OFF. OF DIS.

SUPERVISOR:

In general, you can tell about when corn is ready for picking by looking at the silk. If the silk is turning brown, then the corn is about right. Another way to tell about corn is to pop a kernel with your fingernail. If it spurts a milky liquid, then it's just right.

And of course, sweet corn must be rushed right from the garden to the stove. When it's allowed to stand for

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SUPERVISOR:
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several hours, part of the sugar turns to starch, and the first sweet flavor is lost.

ANNOUNCER:

Just the thought makes me hungry! But city-dwellers get a bad deal on sweetcorn as well as tomatoes, don't they, Mr. _____?

OFF. OF DIS.
SUPERVISOR:

Not really. Naturally, the corn won't be quite as fresh in the markets as it is right out of the garden...but if it's cooked as soon as possible after buying, it ought to be delicious.

ANNOUNCER:

Mr. _____, I've been hearing a lot from gardening friends lately about something called "Succession Plantings" it sounds like a useful thing to know.

OFF. OF DIS.
SUPERVISOR:

It is useful _____...and many gardeners don't realize how sensible succession plantings are. For example, if you plant two rows of baby beets now, and two rows a month from now, then you will have just enough to eat and can from the first crop, and the same amount to eat and can a month later. That makes it impossible for you to waste any baby beets, and it makes the canning job a light one. On the other hand, if you planted all four rows at once, you couldn't possibly eat all the beets when they come up. It would mean a tremendous job of canning to put up the surplus...and you'd probably never want to see another beet.

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ANNOUNCER: I can see the wisdom in that! Canning in easy stages over a period of time sounds much more comfortable. And homemakers aren't as liable to get discouraged and give up their important food preservation job.

OFF. OF DIS.
SUPERVISOR: You know, many people don't realize how important canned foods are. Canned foods have a long history in world affairs...and they made a great historical contribution.

ANNOUNCER: That tone of voice means a story...and it sounds like a good one.

OFF. OF DIS.
SUPERVISOR: Before the advent of canned food, feeding armies and navies was a desperate problem. France, under the leadership of Napoleon had a pretty hard time of it during the Napoleonic War. The civilian population was pretty badly fed, and it was almost impossible to find food for the armed forces which would last for any length of time. One day in 1809, Napoleon was at Fontainbleau palace, talking to one of his military aids, the famous Marshal Ney. They were discussing the dangerous prevalence of scurvy and other diseases among the military forces. The casualties from bad and insufficient food were high... and fighting spirit was declining on a diet of salt meat and biscuits. Then Marshal Ney asked the Emperor to see a man who was waiting outside. He was an obscure little man named Nicholas Appert. Ney thought he held the answer to better feeding for troops and civilians. Appert brought with him some small bottles of common foods,

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SUPERVISOR:
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and he asked the Emperor to taste them. Napoleon found nothing unusual about the tomatoes he sampled, until Appert told him that they were over one year old. Then he demanded to know by what method Appert had preserved them. The tomatoes tasted absolutely fresh...and Napoleon knew that this was the absolute solution to the food problem.

ANNOUNCER:

And had Monsieur Appert discovered the secret of canning?

OFF. OF DIS.
SUPERVISOR:

That's right. And Napoleon was even more surprised to find that no chemicals were used in his magical process.

ANNOUNCER:

I suppose there was a lot of skepticism about anything as simple as that?

OFF. OF DIS.
SUPERVISOR:

Yes, but Appert wrote out his processes and allowed them to be put to the test. He had the crudest materials to work with, but he was so successful that in 1812 the French government gave him an award of 12,000 francs for his book "The Art of Preserving Foods". Later on, he experimented with tin cans and his son was the practical inventor of the pressure cooker.

ANNOUNCER:

And so the way was paved for homemakers to get to work right now and can.

OFF. OF DIS.
SUPERVISOR:

Yes, homemakers should eat all they can...and can all they can't. If they follow directions for each

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vegetable in their gardens...and if they practice succession planting...their crops should be just right for both eating and canning. Canning is an important contribution to the war effort. It helps to keep national food supplies balanced. Now is the time to can because many fruits and vegetables are at their seasonal peak of abundance. Canning abundant food helps to cut down food waste. Make food fight for freedom by eating and canning fruits and vegetables in season.

ANNOUNCER:

Thank you, Mr. _____ . You have just heard Mr. _____ of the War Food Administration's Office of Distribution.

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U.S. DEPARTMENT OF AGRICULTURE

THE FAMILY CANTINE

"School Lunch Carries On"

ANNOUNCER:

The protection and education of youth is at once a benefit, and an important function of democracy.

We have always been interested in our youth, and alive to its problems. This interest and awareness is nowhere more strongly indicated than in the School Lunch Program. We know that healthy and well-fed children have a better-than-average chance of becoming responsible citizens...and the future of our country depends on those citizens. Mr. _____

_____ of the War Food Administration's Office of Distribution is here to discuss the working of the program and its advantages...Mr. _____...

OFF. OF DIS.
SUPERVISOR:

Thank you. I'd like to begin by passing on a news item to our listeners. The School Lunch Program will be continued this year. Congress has approved the appropriation of 50 million dollars for that purpose. You know during the 1943--44 school year, more than 4 million children in 31 thousand schools throughout the country shared in this community program. War Food Administration officials say

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OFF. OF DIS.
SUPERVISOR:
continued

that the program this year will be carried out the same way.

ANNOUNCER:

That's good news for many children and their parents. But tell us, Mr. _____, how does the School Lunch Program operate in order to reach so many schools and communities?

OFF. OF DIS.
SUPERVISOR:

The program is designed to work under local sponsorship, _____. That means that any community center, parent-teachers organization, school board, or any non-profit organization can take part. And the program can operate in the smallest rural school or the largest city school. All that's actually needed is the will to organize the program, and carry it on effectively.

ANNOUNCER:

Suppose that some civic-minded citizens were interested in organizing school lunches in the community. How would they go about it? How would they begin?

OFF. OF DIS.
SUPERVISOR:

The first step would probably be to interest the school itself. Then go to some organization such as the Parent-Teachers Association, Rotary Club or Kiwanis. These groups can act as co-sponsors with the local school authorities. They can lend financial support, or organize money-raising campaigns. They can supply the furniture and equipment, or decorate the lunchroom... .

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OFF. OF DIS.
SUPERVISOR:
Continued

in fact, as I said before, there's nothing they
can't do with a will and a real interest.

ANNOUNCER:

That explains the local part of the program, Mr. ____.

Now will you please explain how the government helps.

OFF. OF DIS.
SUPERVISOR:

The sponsoring agency submits an application for financial assistance to the local War Food Administration office. This application is the agreement by which the War Food Administration will repay the sponsor the money spent for food up to a certain maximum amount per meal. This maximum depends on the type of meal served, of course. The meal may be elaborate or very simple, depending on the facilities for cooking and the amount of financial aid the sponsoring agency is ready to give.

ANNOUNCER:

There must be certain designated types of lunches for which the War Food Administration will reimburse the sponsoring agent.

OFF. OF DIS.
SUPERVISOR:

That's right. There are three types of lunches for which the WFA will reimburse the sponsor. They have been worked out very carefully according to the nutritive value of each lunch. Type A...for example... is a complete lunch which provides one-third or one-half of the child's daily nutritive requirements.

That would include a main protein dish, with vegetables

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or fruit, or both...bread or muffins made with whole grain or enriched flour or cereal, butter, and milk. This lunch is reimbursed to a maximum of nine cents per child. The second type of lunch, including milk, is exactly like Type A, except that about half the quantities of all the foods are served. This lunch is reimburseable up to six cents, and without milk, up to four cents. Type C consists of a half-pint of milk. If the sponsoring agency wishes to provide the milk every day, the reimbursement is two cents per child.

ANNOUNCER: Are all of the lunches provided free of charge, or do the children pay for them?

OFF. OF DIS.
SUPERVISOR:

Children whose parents can afford it pay for the lunch. The cost is determined by the sponsors...and is usually necessary to take care of maintenance and so forth. However, the War Food Administration requires that any profit be reinvested in the School's Lunch Program. Any such profit can be used to provide better lunches, or to reduce the cost to the child. There's an absolute rule of NO DISCRIMINATION where school lunches are concerned. Children whose parents can't afford the lunches are given the same food as the others, and the matter is arranged privately.

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ANNOUNCER: Mr. _____, there's something I've been wanting to ask you about School Lunches in relation to the national food supply. It seems to me that they must help to keep the food situation balanced. Is that true?

OFF. OF DIS.
SUPERVISOR: Absolutely, true _____. The School Lunch Program promotes the use of abundant foods...foods in season. The fact that school lunches are locally sponsored means that food is probably bought fresh and in season from local markets. This helps to prevent food waste, by moving heavy seasonal supplies...therefore, it helps to keep the national food supply balanced. And besides, it gives farmers and food distributors more outlets for their commodities.

ANNOUNCER: Those are real advantages in the national food picture... and of course, the School Lunch Program provides great benefits for the youngsters.

OFF. OF DIS.
SUPERVISOR: Not only for the youngsters, but for the parents, too. Now-a-days, when so many mothers are replacing men in vital war jobs, the School Lunch Program is especially useful. Working mothers know that their children are provided with a good lunch. It saves them the worry and fuss of rushing home to cook the lunch themselves.

ANNOUNCER: And as you said before, the lunches actually safeguard a child's health.

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OFF. OF DIS.
SUPERVISOR:

That's right. Nutritionists tell us that the mid-day meal should provide one-third of a child's daily food requirements. Those food values are well taken care of in school lunches, which are usually planned by people trained in nutrition. School lunches form good eating habits, for many children who are indifferent eaters. Sometimes it's hard to get a child to eat the proper foods at home...but when he sees other children eating heartily he follows suit...and he cultivates taste for foods that are good for him.

ANNOUNCER:

Are there many visable improvements in children who participate in the School Lunch Program?

OFF. OF DIS.
SUPERVISOR:

I should say there are. Letters from all over the country have told the WFA of improvements in children who are given school lunches. The children are wider awake. They do better in school and in their outside activities. They gain weight, and acquire far better resistance to children's diseases. Teachers tell us that many children who were once disciplinary problems learn to conform and eat with the group when they get a regular wholesome noon-day meal. And attendance is so much improved that we even heard from a truant officer who complained that school lunches had put him out of work.

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ANNOUNCER: Too bad for the truant officer, but a testimonial to the benefits of the School Lunch Program.

OFF. OF DIS.
SUPERVISOR: Perhaps the most important aspect of the School Lunch Program is its value to the future of America. The children of today are the workers and thinkers and parents of tomorrow...the citizens of the future. We must make sure that they get their full share of healthy foods, regularly...that's one way to build our country for the years to come.

ANNOUNCER: Thank you Mr. _____ for your interesting information on the School Lunch Program. You have just heard Mr. _____ of the War Food Administration's Office of Distribution.

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